

between 15% by weight and 40% by weight linoleic acid,
between 20% and 40% by weight saturated fatty acids comprising at least
one saturated fatty acid selected from the group consisting of lauric acid, myristic acid, and
palmitic acid, and

no more than 1% elaidic acid or other unnatural trans fatty acids by weight;
wherein the ratio of polyunsaturated fatty acids to saturated fatty acids is
from 0.5:1 to 2:1, and wherein said cholesterol-free fat composition is suitable for
ingestion by a human as a food product and for increasing the HDL concentration and the
HDL/LDL concentration ratio in the blood serum following ingestion by a human.

2 29. (New) The margarine of claim 28, wherein said ratio of polyunsaturated fatty
acids to saturated fatty acids is 1:1 \pm 20%.

3 30. (New) The margarine of claim 28, wherein said blended fat composition further
comprises between 20% and 50% by weight oleic acid

4 31. (New) The margarine of claim 28, comprising approximately 30% by weight
palmitic acid and approximately 30% by weight linoleic acid plus linolenic acid.

A 5 32. (New) The margarine of claim 28, wherein said polyunsaturated fat comprises
at least one polyunsaturated vegetable oil selected from the group consisting of corn oil,
sunflower oil, safflower oil, soybean oil, cottonseed oil, canola oil, and peanut oil; and
said saturated fat comprises at least one saturated vegetable oil selected from the
group consisting of palm fat, coconut fat, and cocoa butter.

6 33. (New) The margarine of claim 32, wherein said palm fat is selected from the
group consisting of palm oil, palm olein, and palm kernel oil.

7 34. (New) The margarine of claim 28, wherein said polyunsaturated fat consists
essentially of soybean oil, and said saturated fat consists essentially of palm fat.

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35. (New) The margarine of claim 28, wherein said fat composition further comprises at least one polyunsaturated fatty acid selected from the group consisting of alpha-linolenic acid, eicosapentenoic acid (EPA), and docosahexenoic acid (DHA).

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36. (New) A cholesterol-free margarine, comprising
a blend of polyunsaturated fat and saturated fat, forming a cholesterol-free blended fat composition,
wherein said blended fat composition comprises
between 15% by weight and 40% by weight linoleic acid,
between 20% and 40% by weight saturated fatty acids comprising at least one saturated fatty acid selected from the group consisting of lauric acid, myristic acid, and palmitic acid, and
no more than 1% elaidic acid or other unnatural trans fatty acids by weight;
wherein the ratio of polyunsaturated fatty acids to saturated fatty acids is from 0.5:1 to 2:1, and wherein said cholesterol-free fat composition is suitable for ingestion by a human as a food product and for increasing the HDL concentration and the HDL/LDL concentration ratio in the blood serum following ingestion by a human.

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37. (New) The margarine of claim 36, wherein said ratio of polyunsaturated fatty acids to saturated fatty acids is $1:1 \pm 20\%$.

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38. (New) The margarine of claim 36, wherein said blended fat composition further comprises between 20% and 50% by weight oleic acid

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39. (New) The margarine of claim 36, comprising approximately 30% by weight palmitic acid and approximately 30% by weight linoleic acid plus linolenic acid.

~~14~~ 40. (New) The margarine of claim ~~36~~⁹, wherein said polyunsaturated fat comprises at least one polyunsaturated vegetable oil selected from the group consisting of corn oil, sunflower oil, safflower oil, soybean oil, cottonseed oil, canola oil, and peanut oil; and said saturated fat comprises at least one saturated vegetable oil selected from the group consisting of palm fat, coconut fat and cocoa butter.

~~11~~ 41. (New) The margarine of claim ~~37~~¹⁰, wherein said palm fat is selected from the group consisting of palm oil, palm olein, and palm kernel oil.

~~15~~ 42. (New) The margarine of claim ~~36~~⁹, wherein said polyunsaturated fat consists essentially of soybean oil, and said saturated fat consists essentially of palm fat.

~~16~~ 43. (New) The margarine of claim ~~36~~⁹, wherein said fat composition further comprises at least one polyunsaturated fatty acid selected from the group consisting of alpha-linolenic acid, eicosapentenoic acid (EPA), and docosahexenoic acid (DHA).

~~17~~ 44. (New) A cholesterol-free margarine, comprising a blend of soybean oil and palm oil, forming a cholesterol-free blended fat composition, wherein said cholesterol-free blended fat composition comprises between 15% by weight and 40% by weight linoleic acid, between 20% and 40% by weight saturated fatty acids comprising at least one saturated fatty acid selected from the group consisting of lauric acid, myristic acid, and palmitic acid, and no more than 1% elaidic acid or other unnatural trans fatty acids by weight; wherein the ratio of polyunsaturated fatty acids to saturated fatty acids is from 0.5:1 to 2:1, and wherein said cholesterol-free blended fat composition is suitable for ingestion by a human as a food product and for increasing the HDL concentration and the HDL/LDL concentration ratio in the blood serum following ingestion by a human.